Boogie Down



编舞者: Maggie Lydon (UK)

音乐: Boogie Woogie Shuffle - The Urban Cowboys



CROSSING HEEL JACK, HIP PUSH WITH 1/4 RIGHT, STEP POINT TWICE

1&	Cross left	over riaht.	right step	slightly ba	ck

2& Left heel touch diagonally forward left, left step in place

3 Right step in place

4 Push hips out to left side and ¼ turn to right
5-6 Step right forward, left toe point out to left side
7-8 Step left forward, right toe point out to right side

CROSS BACK, SIDE SHUFFLE, CROSS BACK SHUFFLE 1/4 TURN RIGHT

9-10 Right cross over left, step left back

11&12 Right step to right side, left close next to right, right step to right side

13-14 Left cross over right, step right back

Left step to left side, right close next to left, ¼ left and step onto left

FORWARD ROCK, COASTER STEP, BOOGIE WALKS TWICE, STEP, BRUSH

17-18	Step right forward,	rock back in	place onto left

19&20 Step right back, left step next to right, step right forward

21-22 Step left forward & angle body to left, step right forward & angle body to right

23-24 Step left forward, brush right toe forward

BRUSH CROSS, TAP, HEEL BOUNCE TWICE, STEP, PIVOT ½ TURN LEFT, STOMP RIGHT NEXT TO LEFT, HOLD

25-26	Brush right toes back across front of left foot, touch right toes on floor
27-28	Lift both heels off ground and bounce twice bending knees at same time (click fingers twice
	at shoulder height) optional
29-30	Step right forward, pivot ½ turn left, (transfer weight to left)

31-32 Stomp right in place hold for 1 count

REPEAT

This is a swing dance or boogie woogie as some call it, so keep knees slightly bent and bounce very slightly, just go with it and enjoy!